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DOH-WALTON KICKS OFF DIABETES PREVENTION PROGRAM WITH EVENT JAN. 10



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DeFuniak Springs, Fla. – The Florida Department of Health Walton County will be hosting a free kickoff event for the Diabetes Prevention Program on Jan. 10, 2017 at the DeFuniak Springs location, 362 Highway 83, DeFuniak Springs, FL 32344.

The PreventT2 lifestyle change program is designed to help prevent type 2 diabetes. It will be guided by a trained lifestyle coach, and will teach groups of participants the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress. You may be at risk for type 2 diabetes and may be eligible for this program if you:

- Have a family history of type 2 diabetes;
- Are physically active fewer than three times per week;
- Are at an unhealthy weight; or
- Have history of gestational diabetes.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes can be diagnosed with type 2 diabetes within 5 years.

“One in three American adults has prediabetes, so the need for prevention has never been greater,” said DOH-Walton Health Officer Holly Holt. “The PreventT2 program offers a proven approach to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers.”

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. PreventT2 groups meet for a year — weekly for the first six months, then once or twice a month for the second six months to maintain healthy lifestyle changes. The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC) and is based on research that shows that people with prediabetes who lost five to seven percent of their body weight by making modest changes reduced their risk of developing type 2 diabetes by 58 percent.

For more information and to register, call Tammy Watson, R.N. Community Health Nurse at 850-892-8015 x 1262.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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